

VITAL SIGNS

VOL VI No. 5

Naval Regional Medical Center, Orlando, Florida

1 April 1983

Four-striper promotions on 21 March

Happy day for 1 MC, 1DC, and 2 NC's!



CAPT Kale C. Khoury, Jr., MC, Chief, OB-GYN Service, gets a helping hand from wife, Renae, and CAPT Schefstad.



CAPT William S. Bate, DC, Chief, Dental Service, receives his new shoulder boards from son, Clif, and wife, Sue Ellen.



CAPT Schefstad and CAPT Nickerson assist CAPT Glenda G. Dunn, NC, Family Nurse Practitioner, Family Practice Service.



CAPT Schefstad and CAPT Nickerson place new shoulder boards on CAPT Elaine E. Lee, NC, Chief, Outpatient Nursing Service.

NRMC #2 receives Team Sportsmanship Trophy

In February, RADM Hartington presented NRMC #2 the Team Sportsmanship Trophy for this year's Commander's Cup Basketball League. Pictured, left to right, front row: HN John Lamberton, HN Billy White, HN Tyrone Gilliam, and HA Eric Johnson. Back row: HMCM(SS) Clements, C/MC, HN Michael Humphrey, HN Ernest Evans, HA Terry Beasley, HM3 Roland Gosselin, RADM Hartington, and Captain Fout. U.S. Navy Photo

Whoooizzit?

Do you know this staff member? The answer is on Page 12.

American Red Cross

**Volunteer hours
for February -
2001**

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STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



What April Fool's prank stands out most in your mind?



HM2 Jace Andrews, Otolaryngology Service: "When I was stationed at NRMC Bethesda, 6 years ago, I was told I had to make a run to Andrews AFB which was a 30 minute trip. When I got there, the people on the desk said they did not have a pick-up for me. So I called back to Bethesda and all I heard was 'April Fool!'"



Katie Swartout, Patient Affairs: "One April Fool's Day, my husband set all the clocks 1 hour ahead.... so, I was one hour early to work, and the kids were at school before it even opened! The humiliating thing about it was he did exactly the same thing the following year and we all fell for it again!"



HM1 Joe Allen, NRMC Annex: "I had two friends who decided to stage a fake stabbing on a busy street corner. One laid down in the gutter with the knife protruding out from his arm pit and the other started hollering at the people gathering round to call an ambulance. As soon as they heard the sirens coming, the 'victim' jumped up and they both hollered 'April Fool' and ran!"



Joyce Cream, Psychiatry Service: "Several years ago, I called an attorney friend on April Fool's Day when I knew he was out of his office. When the secretary answered, I asked, in a very distraught voice, for the attorney. When she said he wasn't in and could she take a message, I said to tell him his girlfriend called and the message was 'I'm pregnant!' My husband and I waited several hours, before we called him back!"



HM2 Christine Zunkel, Laboratory Service: "It was the old OJT harrassment. I had to go down to the morgue to admit a body and in the process, the body started moving. I got even with the Lab Tech that did that -- I put a rubber snake in his glove compartment!"



HMC Wilfred Nettles, Radiology: "While on duty in the X-ray Department at NRMC New Orleans, I was awakened at 0300 by the Radiologist, who was on duty in the ER. He told me I had to X-ray a DOA patient. I wheeled the patient into the X-ray room without even looking at him. I turned my back to start the machine and the patient jumped from under the covers and yelled 'April Fool!' -- It was another X-ray Tech!"

Staff Journal

Letters



On 17 March, Captain Fout presented HM2 Steven Smith with a Letter of Commendation as he departed for duty at NRMC, Memphis.



Captain Fout presented a Letter of Commendation to Navy Band Orlando on 17 March. Navy Band Orlando has provided superb musical support for all NRMC ceremonies, Christmas entertainment for patients and staff, as well as morning colors every Thursday. Accepting on behalf of the Band, was MUC John "Frenchy" Jeanquenant, USN.



Letter of Appreciation for HM3 Deborah Wallace as she transferred to NSHS, Portsmouth, on 7 March.

30 year pin



30 year pin for Mr. Floyd Keller, Food Management Service on 7 March.

Promotion



On 8 March, LCDR Daniel Arrowsmith, MC, Radiology Service, was promoted. Adding the new shoulder boards were Captain Fout and LCDR Arrowsmith's wife, Cathy.

Reenlistment

On 4 March, HM3 Cheryl A. Nelson, Audiology Department, was reenlisted by LCDR J. R. Collins, MSC, USN, Assistant Chief, Occupational Health and Preventive Medicine Service. Petty Officer Nelson reenlisted for four years.

A Letter of Commendation for CDR Michael K. Murphy, MC, USN, Chief of Family Practice Service, from Commander in Chief, U.S. Naval Forces, Europe, for his superior performance of duty while serving as Senior Medical Officer, NavAct, Holy Loch, from June - July 1982.

First class of EMT's graduated

On 1 March, the first class of Emergency Medical Technicians were graduated at NRMC. CW03 Jerry Vance, PA, was the coordinator for the course and directed the 19 students thru the 88 hours of intensive instruction. The graduates, pictured above, are - left to right, front row: HM3 Frank Bolanos, HN William Johnson, HM3 William Klaus, HN Reynard Cain, and HN Donald Downer. 2nd row: Captain Fout, HN Catrina Cunningham, HM2 Kathryn Hice, HN James Lapolla, HM3 Susan Gudahl, HN Tina Smith, HN Juan Laboy, HN Thelma Gongora, and CW03 Jerry Vance. 3rd row: HM3 Frank Head, HN Janet Bojko, HN Anthony Montgomery, and HN Benjamin Navarez. 4th row: HN Courtney Abrams, HM3 John Wagner, HM3 Kenneth Roark, and HN Michael Humphrey. HN Gudahl was the class Honor Student.

U.S. Navy Photo

Retirement

On 18 March, Edna Swigonski, Orthopedic Service, was retired after completing 30 years of service. Captain Scheffstad presented her certificate.

Letter of Commendation

Vital Signs visits

Orthopedic Service

The Orthopedic Service is a very busy and active Service. With only two orthopedic surgeons on board, it covers all of central and southern Florida down to Key West. This orthopedic coverage is not only for active duty Navy but includes all the other services. The Air Force hospitals in this area do not have an orthopedic surgeon. The service is also very active in the care of those in Recruit Training.

Included in the Orthopedic Service, is an active Podiatry service with two podiatrists on board. One is based at the hospital and one at the Annex caring for the recruits.

The rest of the staff includes four orthopedic technicians who assist the surgeons as well as other physicians for casting, traction, and splinting procedures, an orthopedic nurse, a secretary, and a receptionist.

The Orthopedic Service has an on-the-job training program for orthopedic cast technicians, and also assists in the instruction of clinical assistants, emergency medical technicians, and inservice training.

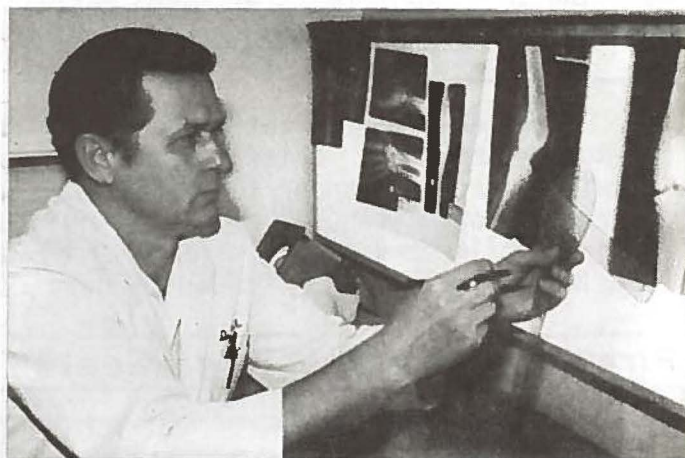
of complicated or serious ortho cases are those involving motorcycles and the Ortho Service is pleading with those who drive, ride or borrow a bike, to use it and treat it very cautiously and carefully -- they don't mind greeting you but would rather not have to treat you!



LCDR Ronald A. Warcholak, MSC, USN
Podiatrist



CAPT John C. Pellosie , MC, USNR
Chief of Service



CAPT George G. Telesh, MC, USN



LT Joseph F. Thomas, MSC, USNR
Podiatrist



Linda D. Hewitt, LPN



**HM2 Jerry L. Hatley, USN
Leading Petty Officer**



HM3 Maurice M. Boetto, USN



HN John R. Hanna, USN



HN John M. Wilkes, USN



**Muriel V. Lovejoy,
Secretary**



**Marie K. Kirkpatrick,
Receptionist**



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

"I am the door."

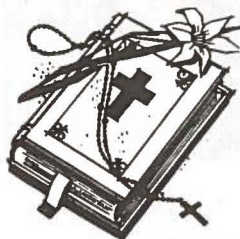
If you were to examine a traditional wooden door, you would notice that it has four panels separated by a long upright center board and a shorter, horizontal board. The two boards intersect to form a cross.

The presence of a cross in such doors was no accident of design. Its origin may be traced back through the centuries to England of the Middle Ages and to the Guild of Carpenters. The carpenters, whose motto was, "I am the door," deliberately worked the sign of the cross into every door that they made. The tradition has been continued even to this day.

It is very appropriate that the cross be an integral part of the door's design, for the cross and the door are a combination of symbol with real meaning for us. The cross itself is a bleak and forbidding thing. On that first, dismal Good Friday the disciples must have felt as though the cross were a door slammed in their faces. Their hopes for life and the future were dashed by that cruel instrument of pain and death.

On Easter morning, the door, which had seemed so tightly shut on Friday, stood open wide. In the light of that glorious, new, day, the cross could be seen as a door opening to new joy, new hope, and new power for living.

Whenever you see a traditional wooden door, take a moment to appreciate its design and to remember the words of Jesus Christ, "I am the door."



NURSING SERVICES



Column Coordinator: LT C. M. Pagliara, NC, USN

To our patients: Bon Appétit!

For those of you who work on the wards, you might consider the job of handing out meal menus to be one of the least important tasks of the day. But maybe it isn't. Here are some thoughts to ponder. Our hospital is a community with various Services working together to accomplish our mission and a vital factor in this, is communication. In order for the patient to be well fed and especially with his or her choice of food, there has to be good communication between the ward and the Food Service. These two areas are most important to the patient. The ward personnel provide the understanding, compassion, empathy and professional care. The Food Service, via the menu, serves as a morale builder.

The patient stays in his room all day long. The only things different in his environment might be the news on TV, the weather or new faces when the shift changes. Ah, but here comes the menu. It is important to the patient.... it is one of the few things he has some control over.... a chance to order a favorite entree, a favorite vegetable, a favorite desert! What a spirit lifter!

But the job is not over when the patient makes his selection. The menus have to be collected, checked and sent to Food Service in a timely manner.

So the next time you're cruising thru your ward at meal time, think about the communication and the cooperation it took, on the part of a lot of people, to put that food before the patient, hot and on time. So, after a long, hard day of enduring countless vital signs, answering endless questions, our tired patient can lay back, relax with a good hot cup of coffee and a slab of cherry pie that HE ordered for himself and has been looking forward to, all day long! Bon Appétit!

By John E. Dalton, USN



LAB LINE

CAPT P. E. Petit, MC, USN

You can bank on us!

What kind of a bank will let you withdraw even if you haven't made a deposit? Our BLOOD BANK! We can operate with such a policy only because we have enough people making deposits who never need to withdraw any. The NRMC Blood Bank is a branch of the Laboratory Service, and is tasked with maintaining the inventory of blood and blood products required for use in the hospital. Miss Linda Proffitt supervises the operations



Linda Proffitt

of the blood bank and personally performs most of the blood typing and crossmatch procedures required in preparing blood for transfusion. Linda is a medical technologist and also has certification as a blood bank specialist. Most of the blood inventory is maintained as packed red blood cells, with the plasma having been removed. Modern transfusion therapy involves transfusion of specific blood components. The red blood cells, platelets, plasma, and sometimes certain blood clotting factors are separated from blood immediately following collection. It is not unusual for components of one unit of blood to end up helping several different patients.

Blood banking, technically known as immunohematology, is a fascinating science and an area where there is absolutely no room for error. If you are interested in blood banking, please stop by and let us show you around. If you would like to make a deposit in our bank, stop by the Blood Donor Center, Bldg. 246, on any Tuesday.

CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

Let's look at the Page 4

In last month's Vital Signs, I mentioned the importance of ensuring that your accomplishments and achievements were mentioned in your evaluations. It is equally important to ensure that the appropriate Service Record entries are made to reflect these events. I am specifically referring to the Navy Occupation/Training and Awards History Form, NavPers 1070/504, commonly referred to as the "Page 4."

In the 13 separate sections of this form, you can have recorded everything from military schools attended to college courses completed, from military requirements met for advancement to dates of actual advancements, from correspondence courses completed to awards and decorations earned. There is even a section to record such items as CPR and Equal Opportunity instruction.

PSD is responsible for making these entries on your Page 4, but only if they are provided with the information to be entered. Obtain copies of that certificate, grade report or other documentation, maintaining one for your personal files, and forwarding a copy to PSD.

Now don't stop there!!! After a reasonable period of time or the next time you have an opportunity to, review your record to ensure that, in fact, the information has been entered. Take the initiative -- follow through! After all, it could have a direct effect on your future.

When the Service Record is officially closed (i.e., reenlistment), Page 4's are forwarded to NMPC for incorporation into your microfiche. If your local record is not up to date, it stands to reason that your record in Washington won't be either!

BLDG 246: The Front Line

By HMC Mickie Johnson, USN

Welcome, NRMC Annex

In a world of modern medicine with its advanced technology and sophisticated research, the medical process has become involved in the "How, What and Why" factors of treatment. The irony of all this progress is that the "Who" factor becomes secondary.

From the very beginning of the Hospital Corps, the necessity to provide for the care of the sick and injured has been a primary objective. Medicine may have changed, but one factor remains unchanged. The following poem depicts this factor. Although, the author chooses to remain anonymous, the idea is not.

WHO AM I

Look at me corpsman:
What do you see?

A lonely, self pitying
conniving, decrepit person
of lecherous soul; out to
deceive, a 24 hour bedrest free
for liberty to use.

Look at me corpsman:
What do you see?

I am a child of man as you;
My wants and needs the same.
A person displaced by necessity.
A person for status of belonging craves
in need of compassion so profound.

Look at me corpsman:
What do you see?

I am the child few years ago,
who played and romped with you,
as you my senior, my awe complete,
my leader, my source of knowledge,
my respect complete, I aspire to be,
a person such as you.

Look at me corpsman:
What do you see?

Cocaine -- as an illicit drug

Illicit cocaine is distributed as a white crystalline powder often adulterated to half its volume with a variety of ingredients. Since illicit cocaine is high in cost, it is often adulterated at each level of distribution. It is erroneously reported to be safe from side effects. Cocaine has a high potential for psychic dependency. Recurrent users tend to use larger doses at shorter intervals until their lives become committed to their habit. Anxiety, restlessness, and extreme irritability may indicate the onset of toxic psychosis similar to paranoid schizophrenia. Tactile hallucinations bother some so much that they can injure themselves in attempting to remove imaginary insects from under the skin. Others have a fear of being watched or followed. High doses can cause seizure or death from respiratory failure. The federal (civilian) penalties for trafficking in cocaine are up to 5 years imprisonment and \$15,000 fine for first offenders, or up to 10 years and \$30,000 fine for a second offense. For simple possession of any controlled substance, a first offender may receive up to 1 year, \$5,000 fine, or both. A second offense will double these figures.

I am a person in need of care.
A body in need of repair.
A psychological lifting needed
to help me through the day,
In need of basic wants fulfilled.

Look at me corpsman:
What do you see?

I do not wish to inconvenience you
by interrupting your day.
My need is real!!!
Whatever it may be,
I require your professional care.

Look at me corpsman:
What do you see?

I am a sailor of our Navy.
I am your shipmate through and through.
Our goal - The Navy to succeed.
Because of you there is a healthy me,
but also, only because of me,
do you exist - The Corpsman.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Leadership

There is a lot more to each promotion than sewing the new rating badge on your sleeve or changing the collar pins on your shirt. With each promotion, we must be willing to accept an equal share of the responsibility for upholding the high standards of tradition, pride and professionalism for which Navy members have long been noted.

When you become a petty officer, you also must become an effective leader. You have probably heard the expression "set the example" so many times you can't count them but, a petty officer must be watchful of his or her conduct, must demonstrate professionalism by the superior performance of duties, and be ever mindful of his or her responsibilities as a leader and supervisor.

Strong leadership qualities will enable you to teach, to inspire your subordinates, and to get the job done. Take the time to take stock of your capabilities. Know your strong points and your weak points. Both can be improved thru training and education. Formal education can easily be achieved thru college courses available thru the Navy Campus for Achievement, on base, as well as thru the colleges and universities located in the Orlando area. Informal education sources are available to you thru your contacts with your senior petty officers and your superior officers. Tap some of their knowledge and expertise. Our staff is loaded with experienced leaders who can teach you the finer points of handling personnel and in motivating your subordinates to do their very best for you.

Be a caring person by taking personal inventory of yourself: i.e., uniform appearance, grooming, attitude, and your interpersonal relationships with others. If you care about yourself, you will be an achiever and your good leadership qualities will greatly influence those who work for you. Stand up and be counted, shipmate!

Command Master Chief Feature

Enlisted Advisor



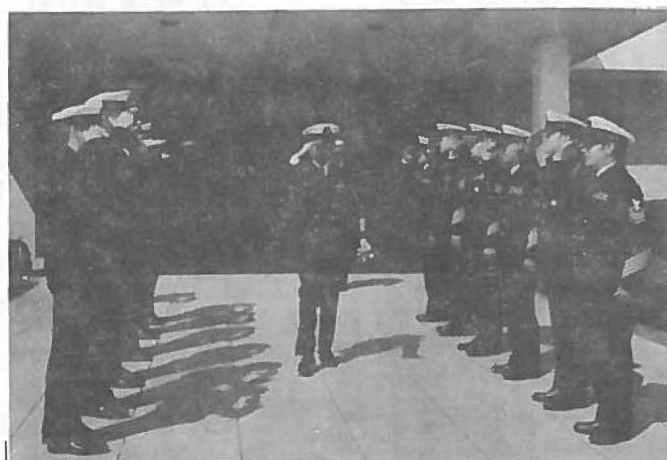
HMC Rex M. Reeder, USN

Chief Reeder is the Administrative Assistant to the DAS. He reported aboard in February, 1981 and he and his wife, Bertha, have three sons: Gregory, Monte, and Steven.

Chief Reeder is advisor for HM2 R. Randolph, HM3 T. Fisher, HM2 J. Andrews, HM3 K. Roark, HN R. Carter, HN A. Hamlin, HM3 F. Head, HM3 M. Gugino, HA P. Davenport, HN W. Taylor, and HA M. Madrigal.

Joining the Fleet Reserve ranks

MEDICAL-DENTAL ANNEX



HMC Michael Lenaghan, USN, NRMC Annex, stepped briskly through the sideboys on 4 March as he commenced his terminal leave leading to his transfer to the Fleet Reserve on 31 March.



CAPT Fout's

Skipper - gram

"Thank you" - means so much

The Admiral came to the office a couple of hours earlier than usual. No one was there when he arrived except for old Seth, one of the custodians. Seth was a faithful and competent employee of many years service to the Navy. When the Admiral entered his office, old Seth was just putting the finishing touches on tidying up the office spaces.

As Seth was about to leave, the Admiral said, "Seth, you know I can't help thinking what a fine asset you have been to our Navy over the years. You have been a model employee -- dependable, cheerful, and prideful of your work. Seth, people like you are invaluable to the Navy and our country and I want you to know that you, and people like you, are greatly appreciated." Old Seth said, "Thank you, Sir," and gathered up the tools of his trade and departed.

A few minutes passed and the Admiral settled down to work at his desk. Shortly, there was a soft knock at the door and in walked Seth. His eyes were moist and there were tears on his cheeks. The Admiral looked quizzically at Seth. He said, "Seth, is there something wrong?" Seth replied, "Gosh no, Admiral, there is nothing wrong but I have something I want to tell you. Admiral, you know that I have worked here for 17 years. I have seen seven admirals come and go and, this morning, is the first time anyone ever told me they appreciated anything that I have done. Sir, I just wanted you to know I really appreciated what you said this morning more than any paycheck I've ever received." With that, Seth turned and walked out of the office.

Man will not give his best for money alone but for God, Country, family love and simple caring appreciation, he will give his all!



CRA

NOTES



By Joyce Lockwood

Wanted: committee members

Any civilian who is interested in serving on the CRA Committee, please contact Joyce Lockwood in Patient Affairs Service. Many of our committee members are no longer employed at the hospital which has decreased the civilian representation from different areas of the hospital. Your participation would be a significant contribution to the carrying out of the mission of the hospital, an opportunity to serve your fellow employees, and a rewarding experience for you.

CRA BIRTHDAY GREETINGS TO: Wilson Maddox Jimmy Anthony and Jeanne Garrison on 4 April; Cheryl Pearce on 7 Apr; Harry Belch on 11 Apr; Regina McKelvy and Herminda Pausal on 13 Apr; Samuel Wilson on 20 Apr; Frances Hodges on 23 Apr; Linda Profitt on 24 Apr; Shirley Briden on 26 Apr; and Blondeen Hammonds on 27 Apr.

☆☆☆☆

Whoooizzit

It's HMC Elizabeth Waddell, Administrative Assistant to the Chief, Operating Management Service. Chief Waddell re-



ported aboard on 13 March 1981, which just happened to be a Friday! Chief Waddell has 13 years of Naval service and is proud to be a second generation Navy woman. Sarah Waddell, her mother, served 8 years as a WAVE. The

Chief is a transplanted Floridian, being originally from the great state of Texas.